

ADS-199: INDEPENDENT STUDY IN ADDICTION STUDIES

Effective Term

Fall 2019

CC Approval

04/05/2019

AS Approval

04/11/2019

BOT Approval

04/11/2019

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Counseling (Master's Degree)	

Subject Code

ADS - Addiction Studies

Course Number

199

Department

Counseling

Division

Counseling (COUN)

Full Course Title

Independent Study in Addiction Studies

Short Title

Ind Study in Addiction Studies

CB03 TOP Code

2104.40 - *Alcohol and Controlled Substances

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

C - Clearly Occupational

Rationale

This course is only for students who have already completed the foundation courses and only required to fulfill the "gap" material that CCAPP is requiring for Addiction Studies accreditation.

SECTION B - Course Description

Catalog Course Description

An independent study course for students completing their addiction certificate. This course will allow students to complete CCAPP required content which was not reviewed in previous human services courses.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

Yes

Units

1.00

Units Maximum

6.00

Lecture Hours

18.00

Lecture Hours Maximum

108

Outside of Class Hours

36

Outside of Class Hours Maximum

108

Total Contact Hours

18

Total Contact Hours Maximum

108

Total Student Hours

54

Total Student Hours Maximum

216

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Hybrid	Permanent
Entirely Online	Permanent
Online with Proctored Exams	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:

1. Student will review and explain addiction studies content in accordance with CCAPP requirements in case management for addiction disorders, introduction and overview of alcohol and drugs, and/or counseling theories and techniques.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. To be contracted individually and in alignment with missing course content.

Course Content

1. Counseling Theories and Techniques
 - a. Treatment settings
 - i. Outpatient
 - ii. Inpatient
 - iii. Private Practice
 - iv. Court ordered
 - b. Assessment, Diagnosis, and Treatment Planning for individuals, families, and groups
 - i. Evaluation and diagnosis
 1. Biopsychosocial assessment
 2. Problem-formulation
 - ii. Substance-related diagnosis
 - iii. Treatment planning
 1. Harm reduction
 2. Alternative treatments
 - c. Treatment approaches supported by empirical evidence for individual
 - i. Motivational Interviewing
 - ii. Rational Emotive Therapy
 - iii. Cognitive Behavioral Therapy
 - iv. Dialectical Behavioral Therapy
 - v. Solution-Focused therapy
 - vi. Seeking Safety
 - vii. Mindfulness
 - d. The major tenets of group therapy
 - i. Stages of Groups
 - ii. Different types of groups
 1. Process groups
 2. Psychoeducational groups
 3. Self-help and support groups
 - iii. Inpatient vs Outpatient Addictions Group Counseling
 - iv. Group therapy with substance abuse and addictions challenges
 - v. Interview types and settings
 - vi. Vignettes and case studies
 - e. Introduction to Special Populations and Special Client Needs who are struggling with addiction and abuse
 - i. Treatment approaches for clients with dual diagnosis
 - ii. Forensics
 - f. Intellectual Disabilities
2. Case management in Addiction Studies
 - a. The use of assessment and intake in case management
 - i. administrative requirements for admission
 - ii. use of screens to assessment in substance use
 - iii. biopsychosocial assessment
 1. including alcohol/drug history, vocational, cultural, educational background, lifestyle, living situation, medical, strengths and weaknesses for the development of a treatment plan
 - iv. DSM 5 diagnostic rules out
 - v. Comorbid mental health issues and their relevance to services

- vi. signs and symptoms of physical disabilities, assessment of potential violence
- vii. self-harm
- b. Orientation to programs
 - i. General nature and goals of the program
 - ii. rules governing conduct, infractions that can lead to disciplinary action or discharge
 - iii. hours of services, costs, client's rights, etc
- c. Treatment/Recovery Planning
 - i. the components of a treatment plan
 - ii. problem solving models and processes
 - iii. theories and behavioral components of change
 - iv. techniques used in behavioral contracts
 - v. the stages of recovery; identification of problems, ranking problems, realistic and unrealistic treatment goals at various stages of recovery
 - vi. the value of participant concurrence or expresses disagreement in the process
 - vii. how to organize client information for presentation to other professionals
 - viii. evidence-based treatments
 - ix. case presentation procedures
- d. Service coordination with local/state agencies
 - i. Organization and service coordination
 - ii. Providing information and referral
 - iii. Alternative resources available to provide treatment and supportive services
 - iv. roles and functions of individuals in resources agencies and their position in the decision-making process
 - 1. resources of people together within a planned framework of action toward the achievement of established goals
 - v. advocacy techniques
 - vi. assessing the need for consultation and referral
 - vii. identifying counselor limits and scope of practice
 - viii. Follow-up
- e. Advocacy and change for individuals and organizations
 - i. The counselor as a change agent
 - ii. Current political issues affecting organizations
 - iii. identifying counselor limits and scope of practice
- f. Aftercare and follow up
 - i. the role of aftercare in the treatment process
 - ii. the role and importance of client follow up
 - iii. relapse dynamics; self-help groups and/or support groups (AA, NA etc.)
- 3. Introduction to Addiction Studies
 - a. Screening and Assessment
 - i. Biopsychosocial assessment
 - ii. Differential diagnosis with medical, psychological disorders
 - iii. DSM/SAM diagnosis and differential diagnosis
 - iv. Validated Screens and clinical tools for assessment, identification of symptoms
 - v. Substance Misuse with a Co-Occurring Mental Disorder or Disability
 - vi. Co-occurring disorders
 - vii. Co-occurring medical conditions
 - b. Treatment approaches and models for co-occurring disorders
 - c. Biopsychosocial implications for treatment of co-occurring disorders
 - i. Locating appropriate placement
 - ii. Referrals to specialized programs
 - iii. Cost and insurance associated with co-occurring disorders
 - d. Integrated treatment approaches
 - i. Evidence-based treatment
 - 1. Detoxification
 - 2. psychoeducation
 - 3. CBT, MI
 - 4. Modification of evidence-based treatments for co-occurring disorders
 - 5. Medication used for the treatment of addictions
 - 6. Social Models
 - e. Substance specific interventions models (drinking driver programs)
 - f. Treatments for co-occurring disorders

- g. Mutual Help Groups and Spiritual/Religious Resources
- h. Alcoholic Anonymous, SMART recovery, substance specific treatment and support groups
- i. Aversion Therapy

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lecture	

Online Adaptation

Types	Examples of learning activities
Other	Distance Education

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	
Quizzes	
Essays/Papers	
Oral Presentations	
Work Assessments	Class Work
Homework	
Other	GRADES WILL BE BASED UPON: Reading and writing assignments, class presentations, midterm and final exams or quizzes. Example 1: Midterm paper on a local agency who delivers case management services. Example 2: Agency interview questions written assignment

Assignments

Reading Assignments

Readings from required textbook and other sources as assigned.

Example 1: Read the required chapter and write a journal response.

Example 2: Read the materials collected from the agency and synthesize the information into the paper assignment.

Writing Assignments

Example 1: Formulate a written case plan that includes identification of needs, resources available, referrals, follow-up activities.

Example 2: Review resources available to clients with substance abuse issues. Writing Assignments

Example 3: Complete a biopsychosocial assessment and treatment plan.

Example 4: Complete a case presentation based on a movie character
To be contracted individually.

Outside-of-Class Assignments

Example 1: Complete a case study based of a family. Students will select a theoretical framework for assessment of the family and explain how to approach treatment of the family.

Example 2: Create a 3-genogram of your family and include a 1-page description of the content of the genogram.

Example 3: Students will be paired into dyads. Together choose a treatment theory or model to role play in a mock treatment session. The student and the student's partner will take turns as the client and as the counselor during a video recorded session. The session should be no longer than 15 minutes per individual (1/2-hour total) in which the student demonstrates the counseling technique the student would use with this client. The treatment plan and assessment will be submitted to the instructor prior to the presentation so copies can be posted to CANVAS. Presentations will be critiqued online by other students. There will be a subsequent in class discussion about the role play.

Example 4: Students will attend three consecutive (AA/NA or other substance abuse treatment group) meetings. The student will observe group norms, dynamics, and roles and complete 5 -7 pages.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Daley, Dennis C. & Douaihy, Antoine

Title

Relapse Prevention Counseling: Clinical Strategies to Guide Addiction Recovery and Reduce Relapse

Publisher

Pesi Publishing & Media LLC

Year

2015

Material Type

Other required materials/supplies

Description

SAMSA 2/14/2015

TIP 27: Comprehensive Case Management for Substance Abuse Treatment

TIP 34: Brief Interventions and Brief Therapies for Substance Abuser

TIP 35: Enhancing Motivation for Change in Substance Abuse Treatment

TIP 39: Substance Abuse Treatment and Family Therapy

TIP 41: Substance Abuse Treatment- Group Therapy

TIP 42: Substance Abuse Treatment for Person's with Co-occurring Disorders

TIP 45: Detoxification and Substance Abuse Treatment

TIP 57: Trauma Informed Care in Behavioral Health Services

The ASAM Criteria for Substance Abuse, American Society for Addiction Medicine.

Website: <http://www.asam.org>

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000604610

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Not Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No